
The Ketogenic Diet

America is under siege. One hundred percent of the population is infected with mycoplasma, even if they do not show symptoms yet. It is impossible not to be infected, unless a person has lived in a sterile environment from birth and was delivered Caesarean. (Once the mycoplasma has been transmitted, mycoplasmas lie dormant in degenerative cells—even in children, waiting for an opportunity to awaken.)

Protect yourself from cancer or disease (especially mycoplasma), adopt a ketogenic diet, even if it is a modified ketogenic diet. This diet absolutely avoids the standard American diet, which is high in sugar. Fat intake represents 75-80% of the diet. (FYI: Fat turns into ketones, which are fuel for the brain and body.)

The logic behind this diet is that mycoplasma metabolizes sugar; and without sugar, it starves and will die.

The diet does allow carbohydrate intake, but only 5-10% of the total calories consists of “good” carbs.

Meat is allowed, but too much meat intake causes meat to turn into glucose, which defeats the purpose of the diet. Only 10-15% of the diet is from protein.

The following is a list of “good” carbohydrates:

VEGETABLES AND FRUIT (5-10% of calories)

Arugula, artichokes, asparagus, bok choy, broccoli, Brussels sprouts cabbage, cauliflower, celery, cucumbers, eggplant, garlic, green beans, jicama, kale, leeks, lettuce, mushrooms, okra, onions, parsley, peppers, pumpkin, radishes, radicchio, rhubarb, scallions, shallots, snow peas, spaghetti squash, summer squash, tomatoes, water cress, wax beans and zucchini

ALLOWABLE FRUIT (5-10% of calories)

Blackberries, blueberries, cranberries, lemons, limes, raspberries and strawberries.

PROTEIN (10-15% of calories)

Bacon, beef, beef jerky, beef roast, bratwurst, chicken (skin on), duck, eggs (whole), fish, ground beef, goose, ham, hot dogs, kielbasa, pepperoni, pheasant, pork chops, pork ribs, pork rinds, pork roast, quail, salami, sausages, shellfish, steak, tuna, turkey and veal

FATS (75-80% of calories)

Almonds, almond butter, almond oil, avocado, avocado oil, beef tallow, blue cheese, Brazil nuts, butter, cheese, chia seeds, chicken fat, coconut, coconut cream, coconut milk (unsweetened), coconut oil, cream cheese, dark chocolate (75% cacao), fish oil, flaxseed and oil, ghee, Greek yogurt (plain and low sugar), heavy whipping cream, hemp seed and oil, lard, Macadamia nuts, mayonnaise, olive oil (extra virgin), pecans, pistachios, sour cream, sunflower seeds and walnuts

AUTHOR'S COMMENTS

Absolutely no citrus fruit, juices, bananas, apples, grapes, etc., are allowed under fruit--just those on the list.

Notice there are no potatoes, carrots, grains, or beans allowed.

Absolutely no alcohol or soda is allowed.

For a sweetener, use stevia.

For more information, there are web sites dedicated to the ketogenic diet.

FURTHER COMMENTS

This diet is a must for someone who has an “active” mycoplasma infection, including cancer. If you are not sick (yet), this lifestyle diet will help protect you from mycoplasma.